

Using Stress as a Guide to Surprising Inner Issues:

Introduction to the Conscious Body Method

A 2-day residential training

Program conducted by Judith Hendin, Ph.D.

April 2 & 3, 2012

At the Het Balkon Conference Center in Vasse, The Netherlands

Underneath stress symptoms, a buried voice is struggling to be heard. Stress symptoms can include headaches, back problems, pain, insomnia, skin rash, heart palpitations, indigestion, and any other physical manifestation of stress. The Conscious Body method is a dynamic approach that uses stress symptoms to discover a *part* of a person that has been buried inside. Being able to work with body symptoms can add a powerful component to your coaching practice.

In this training designed for both personal and professional growth, you will have experiential exercises and demonstration sessions that will give you practical skills. You will learn to follow the body as a guide to important inner issues.

The Conscious Body method is very effective in actually healing physical symptoms. An analysis of 10 years of client records was published in 2009 in the *USA Body Psychotherapy Journal*. The research showed that, when using the Conscious Body method, 85% of client symptoms disappeared or improved. These are impressive results. Your clients will benefit.

Learn more about the Conscious Body method

Read articles by Judith Hendin on her website by clicking here:

<http://www.consciousbody.com/resources.html> - [energy_medicine](#)

For further information about Conscious Body and Judith Hendin, please visit the website, www.ConsciousBody.com.

For whom?

For coaches, professionals who use Voice Dialogue, counselors, health care practitioners, and anyone who wants to learn more about their own body symptoms

Results you can expect from this training

- Understand how body symptoms may connect to a hidden self that needs to express
- Apply principles of Voice Dialogue to the body
- Learn to work creatively with “resistance”
- Learn to relax the client
- Discover buried, disowned selves that need to be integrated
- Bring these selves into daily life
- Move beyond rationality and make surprising discoveries
- Possibly heal the body
- Know when you can guide the client yourself and when to refer
- Experience a training with a lot of fun

What people say

“Judith Hendin has developed a profound and effective method for hearing the messages our bodies are trying to give us. She is a wonderful healer whose work I highly recommend.”

Shakti Gawain, author of *The Path of Transformation and Creative Visualization*

“We wholeheartedly recommend Judith Hendin’s work. Her rich background has enabled her to give to us a fascinating, creative, and transformative new way to think about our physical challenges — or symptoms. . . . Judith Hendin has worked with us for many years, both as staff and as a woman deeply committed to the process of self-discovery. Her teaching is excellent! We highly recommend her.”

Hal and Sidra Stone, PhDs, originators of the Voice Dialogue method, and authors of *Embracing Our Selves* and *Embracing Your Inner Critic*

“Judith Hendin’s unique and inspired work adds new dimension to the burgeoning field of mind-body medicine. Her personal integrity and highly developed skills bring genuine physical healing as well as tremendous personal growth.”

Marianne Styler, MD

“If we are to go sailing on the great oceans of the world, it is good to take a compass. When sailing the seas of the inner world and the body, Judith Hendin’s work can be your compass. She is a solid and steady navigator in the great unknown.”

Kate Lampe, Psychotherapist

“Thank you, thank you for helping me. My pain is gone – it melted in the trusting, accepting, competent space you provide. Conscious Body is truly amazing work. I wish I could tell the whole world to go see you.”

Laura Scappaticci, Educator

“I invite you to experience the transformative power of the work of Judith Hendin. I have been working with this supremely gifted alternative therapist, and I’m astounded and beyond grateful for the powerful tools she is giving me to clear my physical symptoms.”

Suzanne Grenager, Coach & Writer

Feedback from Workshop Participants

- ❖ A day to remember! Fabulous work. Very enlightening. Judith radiates love. She makes us feel safe to express and reveal.
- ❖ Judith goes right to the heart of things.
- ❖ *Intimate and safe ... Inspiring ... Uplifting ... Wonderful presenter ... Wish it could go on forever... Terrific ...*

Contents

- 4 types of selves that arise from stress symptoms
- The Conscious Body Map – 6 steps to find the buried self behind the symptom
- Gatekeepers – those cultural and personal selves that protect you so well that they can hold you back from inner work
- Rational thinking – when it is useful, and when it is not
- Inner Child – actual medicine that heals stress symptoms
- Movement – fun experience of selves in the body
- Demonstration sessions
- Practice facilitations – learn to do the Conscious Body method

Resources

Judith Hendin's book, *The Self behind the Symptom: How Shadow Voices Heal Us*, is available in the het Balkon bookstore or from the Store on Judith Hendin's website:

<http://www.consciousbody.com/store.html>

Guidance

The training is supervised by Judith Hendin, Ph.D.

Judith Hendin, Ph.D., directs the Conscious Body & Voice Dialogue Institute. She is the author of the groundbreaking book, *The Self behind the Symptom: How Shadow Voices Heal Us*. Judith Hendin has served on the staff of visionary Shakti Gawain, as well as Hal and Sidra Stone, originators of Voice Dialogue. Judith Hendin has taught at centers in the U.S., Canada, Italy, Germany, Finland, The Netherlands, Belgium, and Estonia.

A senior Voice Dialogue facilitator and trainer, she has discovered a profound connection between physical symptoms and inner selves, called the Conscious Body method. Her research on the effectiveness of healing with inner selves has been published in the *USA Body Psychotherapy Journal*. A former principal dancer with major companies, her academic degrees specialized in cross-cultural movement, body perception, and the profound interplay of body and psyche.

<http://www.ConsciousBody.com>

Cost

Conscious Body Training	€ 695
Food and Lodging (one night stay and all meals)	€ 155

Contact

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